

# Market News The Tribune Institute Good Gookery



# Cooling Beverages Rank First Among Summer Refreshments



By Virginia Carter Les ITH so many informal parties given during the porch or even in the cool semi-dark- browned.

ened living room, delicious iced beverages should be the very basis of the simple refreshments served. Tempting little cakes or a slice of

freshly baked homemade cake to accourse when something a little more the icebox. substantial is desired.

In connection with the preparaful of chopped nut meats, two table- that it may foam up. spoonfuls of grated cocoanut and a dusting of ground cinnamon, then

stuck with a large seeded raisin, on summer months, either in the nuts. Set in the oven until the chocolate ice cream. Top with a the garden, on the shaded | marshmallow is slightly melted and

In making iced beverages be sure that they are not oversweetened, as their mission is to quench thirst, not to induce it; they are also best company them is really all that is sweetened with a thick sugar syrup necessary to serve on such occa- or honey, instead of sugar, in the sions, although a dainty sandwich usual way, and the fruit juices,

tion of cakes do not overlook the to bring out the flavors of the other a half pint of maraschino cherries possibilities of crackers "dressed fruits, so they should, if possible, al- with the cordial. Serve in tall up" as a substitute. They will be ways be included when making fruit glasses and garnish each with a boufound delightful, and one suggestion punch, the different "ades" and cups. quet of fresh mint. This will serve is given in the penoche crackers A sparkle added to an iced drink among the tested recipes. Other improves it greatly, and ginger ale, suggestions are: Cover saltines with iced carbonated water and Apollia mixture composed of two beaten naris are recommended for this puregg whites, blended with half a cuppose. Never add it until time of by boiling together for ten minutes Cut in squares, sprinkle with Return to the upper part of the one and a half cupfuls of sugar and

Grape or loganberry juice mixed with either chilled Apollinaris or ginger ale is excellent, and for a brown in a quick oven. Or use party beverage add a few slices of

lightly, put a teaspoonful of minced Apollinaris. Pour over a block of Serve Sweet Cookies and English walnuts in the center of ice in the punch bowl and serve in each and a fresh marshmallow,

#### Prohibition Cooling Drinks

or, in the advent of a porch supper, syrup, tea, etc., should be blended one cupful of thick sugar syrup and a salad or molded mousse (chicken, several hours before service, so that a pint of white grape juice. Let ham or tongue) may form the main they may be chilled and ripened in stand on the ice to chill and ripen,

when added in small quantities, help well, stir in two diced bananas and

slightly sweetened crackers, butter orange, bits of pineapple, ripe ber-

# Old-Fashioned Southern Drinks drop and the baking sheets are out

WHEN the inclination is to "walk use the juice of four limes, a pint on the shady side" and to be and a half of grape juice, five drops possessed of a great and unending of oil of peppermint, one quart of a shelled walnut, chopped black thirst-then the time of cooling bev- carbonated water and plenty of ice. walnuts or a few peanut meats. erages has arrived. A bit of thought, Sweeten with sugar syrup. Add the Next take part of the batter outa few moments of time, some ice, mint to the syrup and mix with the into another bowl. To this mixture long glasses and the inevitable mint grape juice and limes. Then add the sprigs are the necessary start for ice and water. a successful summer drink.

Among the most favored in the South is old-fashioned limeade, made

#### Southern Limeade

Make a sugar syrup of one cup erous cubes of ice. Fill with seltzer water and serve with slices of the

#### Peppermint Lemonade

To two quarts of water add the juice of four lemons and sweeten with sugar syrup to which has been added five drops of oil of peppermint. Serve from a glass pitcher with ice and mint sprigs.

Grape Limeade

Te make two quarts of this drink

#### An Unusual Fruit Punch

To make a very good fruit punch pineapple, juice of two lemons, juice of one orange, one cup of some available bitters, three pints of carbonadd water and ice, slices of lemon, sprigs of mint, cherries and cubes of pineapple. Serve very cold-when the frost is on the pitcher!

fruit juices (orange, lemon and work is planned ahead. The dough appreciate the animals and fish and pineapple) in a tall glass; add to this for the wafers is improved by flower forms. plain water ice. Fill the glass with thin slices of lemon and orange.

## Recipes for Fruit Drinks of the "Long, Cool" Variety; Crisp Wafers and Easy-to-Make Cakes To Serve With Them

ordinary pantry shelves.

Frosted sarsaparilla and root the punch bowl. beer will be found as nutritious as they are good to drink. To make them, turn into a tall glass four tablespoonfuls of thick cream, then with lemon and serve immediately. Cracked ice may be added if de-

#### Tollard Cup

Blend together two cupfuls of thick maple syrup, three quarts and a quarter of strong, strained coffee and one pint of thick cream. Place on the ice to chill and when ready to serve add one quart of iced tall glasses containing a ball of mound of sweetened whipped

#### Mint Fruit Cup

Place in a large bowl one pint of hot tea and add half a cupful of crushed mint leaves. Let stand until cold and strain. Add to the mint flavored tea the Juice of three oranges and lemons, one large cupful of shredded canned pineapple, and when ready to serve add one Both lime and lemon juice, even of chilled Apollinaris water. Mix

the individual taste. Iced tea may and the grated rind of two lemons quickly like jelly roll. be "dressed up" in the same way, (strain the syrup). Cool, add the and it is wonderful what novel and juice of two limes and two oranges, delicious drinks may be evolved with one quart of canned apple juice or as the small ones during warm a little experimenting from ordinary bottled cider, one pint of loganberry weather, are always liked. It is the same way, substituting all masupplies that can be found on the juice and two quarts of charged better to have them of the plain ple sugar for the brown and white water. Pour over a block of ice in varieties, like angel, sponge or the varieties.

#### Chinese Ginger Frappe

Place in a large bowl one cupful of tea, one cupful of chopped prepour in slowly, so that it will not served ginger with the syrup, half foam up and run over the glass, a can of pitted cherries with the either, of the chilled bottled bever- juice, the juice of three limes and and chill on the ice for several hours. When read v to serve add two quarts and a pint of chilled ginger ale, one times with three teaspoonfuls of pint of iced vichy and a quart of baking powder and one-eighth of a red raspberried. Pour slowly over teaspoonful of salt. Bake in a bowl and serve in sherbet cups. This is also delicious poured over a quart of orange ice or the ice may be placed in the individual glasses.

## Simple Cakes

delicate brown color. When, how- dried fruits and candied peel. rich gold cake and when cold cad in fancy forms. Dip these in varcandied peel, etc. These, when rightly made, can hardly be told

To prepare them, cream half a cupful of butter, add one cupful of confectioner's sugar gradually, half a cupful of milk, one teaspoonful of cots with their syrup through a puree tom of inverted pans (greased)

ries or maraschino cherries to suit two cupfuls each of sugar and water | shredded marshmallows and roll | double boiler, cook until quite thick Logf and Laver Cakes

## Losf cakes, while not so popular added if desired. always delicious Devil's Food. The latter, eaten with the layers of

cake I have ever tasted. A very good silver cake is made with one and a third cupfuls of sugar and three-quarters of a teaages. Top with two spoonfuls of one lemon. Sweeten with about one spoonful of almond extract. Then sweetened whipped cream, flavor small cupful of thick sugar syrup add the stiffly whipped whites of four eggs, two-thirds of a cupful of cupfuls of pastry flour, sifted three

### Fruit Frosting

how to make boiled frosting, and, pastry flour, two teaspoonfuls of rightly made, I consider this the very "queen of frostings." It should be just a little soft under the thin When it comes to the question of outside coating, fluffy in texture, two mixtures, adding also three cakes for summer festivities, they and with just a slight sugary taste. tablespoonfuls of rich milk, and stir spoonfuls of boiling water. Sift to-frosting. This icing may be varied in many in one and a quarter cupfuls of gether three times one and threeshould possess, in my opinion, the ways by adding chopped nuts, canfollowing qualities-namely, rich- died fruits, a very small quantity ness, crispness and a beautiful yet of fresh crushed fruits, shredded

#### Mocha Frosting

For a delicious mocha frosting crisp and brown. cream one and a half tablespoonfuls of butter and blend in half a ious frostings (colored pink, green, tablespoonful of powdered cocoa white, brown and yellow) and and about half a cupful of powdered decorate with candied fruits, nuts, sugar. When thick, add alternate- brown sugar, half a cupful of cream moderate oven. Ice when cold with thin and cut in fancy shapes. Brush ly two and a half tablespoonfuls of strong, strained coffee, one tablespoonful of thick cream and about from the products obtained at the one curful more of powdered sugar, so that it will spread. Flavor with

#### Boiled Caramel Frosting

Boil together without stirring one cupful of dark brown sugar, vanilla flavor and one and a half half a cupful of granulated sugar spread the crackers with the mixcupfuls of pastry flour. Spread and a quarter of a cupful of cold ture. Set aside until cold. Rub two quarts of canned apri- the mixture very thin on the bot- water until it threads, or to 235 degrees. Pour slowly on the stiffly whipped whites of two eggs and sieve and add a sugar syrup made and bake until firm and pale colored. continue to best until nearly cold.

and flavor with half a teaspoonful of vanilla extract. Nuts may be

Maple frosting may be made in

#### Marshmallow Fudge Frosting

Boil together two cupfuls of double frosting, is about the best sugar, one tablespoonful of butter, two squares of grated, unsweetened chocolate, half a cupful of .cream by creaming half a cupful of oleo and one-eighth of a teaspoonful of cream of tartar, to the soft-ball ly, flavor with half a teaspoonful of vanilla extract and beat well. Fold rich milk and two and a quarter in half a cupful of quartered marshmallows before using.

#### Dropped Peanut Cookies

Cream together three tablespoona block of ice placed in a punch moderate oven. This is very good fuls of peanut butter, three tablewith a chocolate, coffee or maple spoonfuls of oleo, three-quarters of a cupful of brown sugar and the well beaten yolks of two eggs. Sift Almost every housekeeper knows together one and a half cupfuls o: baking powder and a quarter of a teaspoonful of salt. Combine the chopped, shelled peanuts. Drop by quarter cupfuls of pastry flour, two the teaspoonful on to a well-oiled and a half teaspoonfuls of baking baking sheet and place fully three of salt and a quarter of a teaspoonful of salt and a quarter of a teaspooninches apart. Place a whole nut in ful of ground cinnamon. Combine ed rind of one orange, one table-

Use the small square or oblong saltines. Take one cupful of light loaf pan for forty minutes in a knead. Chill over night, roll very and one tablespoon of butter and any preferred two varieties of frostboil to the soft ball stage, or 240 de- ing, such as white boiled icing and grees on the candy thermometer. Remove from the fire, flavor with first layer of the frosting is slightly one teas conful of vanilla extract. half a teaspoonful of vanilla extract firm before adding the top one and and stir until it begins to get have both varieties thick and creamy; then add quickly half a creamy. A marshmallow icing is cupful of broken nut meats and also good for the first one.

#### Devil's Food (with Double Frosting)

Cream half a cupful of oleo with ful of strained honey. Sift three half cupfuls of pastry flour, one

spoonful of baking powder and half quarter of a lemon, and fold in the Bake in a moderate even.

while doing so half a cupful of sweet

milk. Beat the batter hard and

flavor with half a terspoonful of

vanilla extract. Bake in a greased

chocolate, coffee and chocolate or

Honey Sponge Loaf Cake

add the beaten yolks of four eggs stiffly whipped egg whites. Bake and four ounces of unsweetened in a deep ungreased tin for forty chocolate melted with five table- minutes. Cover with a maple nut

#### Fancy Crisps

Cream half a cupful of butter. add one cupful of sugar, the gratsigns done with strips of candied peel, nuts, candied fruits, etc. Bate

#### Chocolate Cocoanut Wafers

Cream one-third of a cunful of

oleo and add half a cupful of sugar one square of unsweetened choco-Cream together very, very thorlate, melted, one beaten egg and oughly, the beaten yolks of three half a teaspoonful of vanilla exeggs and three-quarters of a cup tract. Sift together one and a times three-eights of a cupful of teaspoonful of baking powder and potato flour, one-quarter of a ten- a quarter of a teaspoonful of salt. ing in one and a half tablespoonfuls a teaspoonful of salt. Combine of cream. Chill on the ice, roll the mixtures, adding the juice of a thin and dust with grated cocoanut

## Secrets of the Pastry Shop Window

#### By Mollie Gold

C OOKIES have a definite place in the young folks' world; grown-ups, too, are not above raiding the cooky jar when the opportunity presents itself. Making attractive cookies is not as much trouble as most people seem to

One good foundation recipe can be used to make any number of different kinds of drop cooky. When the mixture is in the bowl ready to and waiting you are limited only by And a Modern Fruit Frappe your own imagination and the preferences of your family. Drop a dozen or more plain cookies on the baking tin and decorate with a half add raisins or cocoanut and drop a dozen of that kind.

To what is left in the first bowl add melted chocolate or divide that use the juice from one can of sliced mixture in half and add spice to one part of it and chocolate to the other. That makes four or five kinds of of water and three-fourths of a cup ated water and sweeten with grena- cookies from one batter without any of sugar. To two tablespoonfuls dine syrup. Mix the fruit juices more time or trouble that it takes of this syrup placed in a tall glass and syrup in a large glass pitcher, to make one good layer cake all iced and filled ready to eat.

#### Rolled Cookies

chilling, so make the dough one day carbonated water and garnish with and put it in the icebox until ready and are much less likely to tax the to roll. Make only a few dozen at digestion than a piece of layer cake. a time and bake them when some- With fresh or cooked fruit or sim-

thing else is in the oven. If the ple gelatines cookies make a very very little flour to roll them out and they are less apt to stick to the There is, of course, less opportunity for variety in one batch of plain rolled cookies than in dropped ones. The plain rolled cookies can be brushed over with egg white and sprinkled with sugar and chopped nuts to make them different, or they can be cut in fancy shapes.

#### Molasses Cookies

Molasses or thin spice wafer dough can be kept on hand for a bleached Sultana raisin cut in half and whiskers made of shredded Rolled cookies, which are sup- cocoanut. Haunt the five and ten posed to take so much time, can be cent stores for cookie cutters of Place two tablespoonfuls of mixed made very simply and easily if the fanciful shapes. The children will Two rolled or dropped cookies

dough is thoroughly chilled it takes acceptable dessert after any meal. The recipes given here are for rolled molasses wafers, plain rolled cookies, which can be changed by board or table. The cookie is much sprinkling nuts and sugar on top bemore tender when it doesn't take up fore they are baked, and plain drop flour in the rolling out process. cooky batter, which can be made into anything the family prefers in the way of fruit or nut cookies.

2% cupfuls flour 1 teaspoonful soda 1 teaspoonful salt 2 teaspoonfuls ginger

4 tablespoonfuls fat (any kind) 1 tablespoonful hot water 1 cupful molasses.

Mix and sift all the dry ingredises. Stir the liquid into the dry in- room to spread without running tothe opportunity presents itself. A gredients. Mix thoroughly. Chill. gether. Bake in a hot oven about very popular shape with children is (This mixture will keep for a week the pussy-cat with eyes made of or more.) Roll out very thin and bake in a moderate oven about ten minutes. If rolled very thin this

#### recipe yields about eighty cookies. Plain Rolled Cookies

21/2 cupfuls flour 2 teaspoonfuls baking powder 1/2 teaspoonful vanilla extract 1/2 teaspoonful nutmeg

1/2 cupful fat 1 cupful white sugar

1 tablespoonful milk. Cream the butter and sugar, add and bake like spice drop cookies.

the eggs, and then the milk and flavoring extract. Mix and sift the dry ingredients, add to the other mixture, knead slightly and chill. This mixture rolls better if chilled

Vary the plain cookies by brushing some of them over with egg white and sprinkling with sugar and chopped nuts before baking.

#### Drop Spice Cookies

1/2 cupful fat 1 cupful brown sugar 34 cupful molasses

2heggs

1 cupful sour milk 3 cupfuls flour

2 teaspoonfuls soon

1/2 teaspoonful salt 1 teaspoonful clove

1 teaspoonful ginger 1 teaspoonful allspice.

Mix and sift the dry materials and ents to the first mixture. Add a lit- use the cheaper cuts of beef, lamb ents. Melt the fat by adding the to a buttered pan. Erop them far hot water and then add the moias- enough apart to give them a little

#### ten minutes. Plain Drop Cookins

1/2 cupful fat 1 cup white sugar

2 eggs. 21/2 cupfuls flour

2 teaspoonfuls baking powder

1 teaspoonful vanilla extract ¼ cupful milk

## Institute Fans Send in Favorite Summer "Eats" Ideas

#### By Alice A. Keen

nomical than using up the ranged very solid and slices thinly to per-Cream the butter and sugar and remains of a roast as a cold cut. fection. This meat is excellent to add the molarses and beaten eggs. It is wiser to buy small roasts, if serve with summer vegetables and one must have this hot meat in the makes delicious sandwiches. then add a little of the dry ingredi- summer time; but for cold mea's A New Kind of Crisp tle of the milk, and continue adding or veal. The piece of beef called the dry materials and the milk until "chuck," the shoulder of lamb or a all are used up. Mix thoroughly shin of veal can all be rendered THE waffle from Sweden differs and then drop from a teaspoon on delicate and appetizing by the proper treatment.

mentioned, trim off fat and bits of with sumer porch drinks or desserts thick skin, place in a kettle that fits it snugly and just cover with boiling water. Boil for hours very one-half pint of cream and whim slowly until there is not more than until fluffy. Mix in slowly one-half half a cupful of gravy left in the cup sifted flour. When smoothly pot. By this time the fibers have blended beat in slowly one half loosened and the gravy has been cup cold water or shaved ice, then absorbed back into the meat. Take one-fourth cup melted butter. I from the fire and, when cool enough on hot waffle irons—the finished to handle, slip out all the bones product should be thin and crisp. and trim off any more of the fat If served as a dessert serve not that seems superfluous. Then, more than three of the wafers, Cream the fat and the sugar and breaking it up as little as possible, placed one on top of another on add the eggs and milk. Mix and pack firmly into an oblong pan, salt- plate, with powdered sugar between sift the dry ingredients, add vanilla ing it as you do so. Pour the small and a spoonful of jam or free

ing over the meat to settle into all Meat that is prepared especially the crevices. When thoroughly to serve cold in thin slices of uni- chilled (it is better if prepared the form size is better and more eco- day before used) this meat becomes

#### Waffle From Sweden By Clera Thorne

in style and purpose from our own syrup-and-honey winter ones They are crisp trifles to be sprinkled Take any one of the cuts I have with powdered angar and served

> Swedish Waffles Sweeten (one-third cup sugar)

amount of gravy left from the boil- cooked fruit and whipped cresm-